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TRAINING TIMES

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Serving the 100th Area Support Group communities of Grafenwoehr, Hohenfels and Vilseck

May 24, 2005



Narrow escape

Pfc. Ryan Sax emerges from the rollover simulator unharmed, helped by Lothar Schulz at Hohenfels' summer safety day May 13, one of three within the 100th Area Support Group. For story, see page 3.

Photo by Alice Adler

Farewell 409th

Merger accomplished as
100th ASG absorbs BSB

BY KATHY JORDAN
TRAINING TIMES STAFF

Visiting dignitaries joined members of the local communities on the parade field behind Memorial Fitness Center May 18 for a formal inactivation of the 409th Base Support Battalion. Outgoing commander, Lt. Col. Joseph Moore, relinquished command to Col. Richard Jung, 100th Area Support Group commander. Moore has been picked to become the military assistant to the assistant secretary of the Army for installations and environment at the Pentagon.

"Today we will all participate in one of the Army's simplest — but one of its most poignant — events," Jung said during the ceremony. "Lieutenant Colonel Joe Moore will relinquish his command of the 409th BSB and will case its colors. The unit will not, as most often happens, change commanders and pass the colors on to a new commander. No, Joe will go down in the historic annals of the U.S. Army as the last commander of the 409th."

Moore's speech was filled with his appreciation for others. First, he thanked those in uniform who had served their country.

"'Gratitude' describes my feelings for the Soldiers we have supported and deployed into the global war on terrorism," he said. "In the simplest terms, the 409th BSB existed because of you, your families and your units. I spent every day of my command in service to you and feel humbled by your commitment to your mission, regardless of the associated hardships and sacrifices."

"My gratitude to Germany and our local officials runs deep as well," he continued. "Your unwavering support for our Soldiers and families makes us feel truly welcome here. We're safe, free to train and more culturally aware because of your friendship and partnership."

Finally, Moore asked his staff to stand and be recognized, lauding them for their dedication and joining the audience in a round of applause.

After the ceremony, Russell Hall, director of the Installation Management Agency – Europe, discussed the significance of the event.

"This was a well-run ceremony...," he said. "Soldiers looked magnificent out there on the parade field. You saw the solidarity between the local community and this U.S. Army garrison Our host nation has been wonderful."

The day held particular resonance for Hall, who became the first 409th commander in 1994.

"I was part of this organization," he recalled. "I moved it from Grafenwoehr when we changed and furlled the flag of the

See Farewell, page 4

Q&A

As vacation season appeared tantalizingly on the horizon, 'Training Times' wondered, "What's the best souvenir you've ever brought home?"



Spec. Weston Savant
"Crazy pictures"

Crystal Simpson
"A mug from Pigeon Forge, Tenn."



Silvia Cote
"Ten pounds I brought back from Italy!"

Spec. Ed Bryant
"Guinness pint glasses"



Pfc. Mackie Keller
"An acting trophy from a drama competition"

Interviews and photos by Alice Adler

Reflections on Memorial Day

"Not long ago I heard a young man ask why people still kept up Memorial Day, and it set me thinking of the answer. Not the answer that you and I should give to each other — not the expression of those feelings that, so long as you live, will make this day sacred to memories of love and grief and heroic youth — but an answer which should command the assent of those who do not share our memories. ...

"It celebrates and solemnly reaffirms from year to year a national act of enthusiasm and faith. It embodies in the most impressive form our belief that to act with enthusiasm and faith is the condition of acting greatly. To fight out a war, you must believe something and want something with all your might. So must you do to carry anything else to an end worth reaching. More than that, you must be willing to commit yourself to a course, perhaps a long and hard one, without being able to foresee exactly where you will come out. All that is required of you is that you should go somewhere as hard as ever you can. The rest belongs to fate. One may fall — at the beginning of the charge or at the top of the earthworks; but in no other way can he reach the rewards of victory. ...

"Feeling begets feeling, and great feeling begets great feeling. We can hardly share the emotions that make this day to us the most sacred day of the year, and embody them in ceremonial pomp, without

in some degree imparting them to those who come after us. ...

"As surely as this day comes round we are in the presence of the dead. For one hour, twice a year at least — at the regimental dinner, where the ghosts sit at table more numerous than the living, and on this day when we decorate their graves — the dead come back and live with us.

"I see them now, more than I can number, as once I saw them on this earth. They are the same bright figures, or their counterparts, that come also before your eyes; and when I speak of those who were my brothers, the same words describe yours. ...

"It is not of the dead alone that we think on this day. There are those still living whose sex forbade them to offer their lives, but who gave instead their happiness. Which of us has not been lifted above himself by the sight of one of those lovely, lonely women, around whom the wand of sorrow has traced its excluding circle — set apart, even when surrounded by loving friends who would fain bring back joy to their lives? ...

"Such hearts — ah me, how many! — were stilled ... and to us who remain behind is left this day of memories. Every year — in the full tide of spring, at the height of

the symphony of flowers and love and life — there comes a pause, and through the silence we hear the lonely pipe of death. Year after year lovers wandering under the apple trees and through the clover and deep grass are surprised with sudden tears as they see black-veiled figures stealing through the morning to a soldier's grave. Year after year the comrades of

To fight out a war, you must believe something and want something with all your might.

the dead follow, with public honor, procession and commemorative flags and funeral march — honor and grief from us who stand almost alone, and have seen the best and noblest of our generation pass away. "But grief is not the end of all. I seem to hear the funeral march

become a paean. I see beyond the forest the moving banners of a hidden column. Our dead brothers still live for us, and bid us think of life, not death — of life to which in their youth they lent the passion and joy of the spring.

"As I listen, the great chorus of life and joy begins again, and amid the awful orchestra of seen and unseen powers and destinies of good and evil our trumpets sound once more a note of daring, hope, and will."

Oliver Wendell Holmes, Jr.
Address on May 30, 1884

HISSES AND HURRAHS

Hurrah to those volunteers honored during the annual ceremony in Vilseck May 13: Roxanne Alvey, Gabbie Arguello, Cindy Barbee, Marcie Bennett, Kirsten Botsford, Jodie Bowden, Kristie Brown, Tamara Brown, Walter Brunner, Chris Churchill, Stacie Clark, Erin Crowe, Bill Dickson, Joseph Dominguez, Valentine Donohoe, Katherine Fant, Darlene Fiedler, Traci Fitzwilliam, Sonja Flanigan, Marcia Flowers, Christina Gonzalez, Cornelius Griffin, Kelly Hartman, Gina Hucal, Kristin

Huey, Petra Kulp, Kelly Loy, Elizabeth Maddox, Sabine McClinton, Germaine McGowan, Quincy McKinney, Adam McKissock, Michelle McLaughlin, Claudia Meadows, Lori Mitchell, Melodie Moyer, Jennifer Munoz, Heidi Nelson, Vianne Newell, Jessica Palfy-Whitebull, Lucille Pittard, AnnMarie Powers, Beate Reyes, Loretta Robinson, Ana Rojo, Linda Roush, James Rush, Lou Stagger, Rebecca Stanford, Jamie Stone, Amity Thodoropoulos, Corinna Todd, Jean Vacanti, Lori

Vaupel, Devonna Waatsa and Melissa Watts.

For complete story, see page 3.

Ed.

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Submissions to *Hisses and Hurrahs* should be sent via e-mail to the editor at cara.matlock@graf.eur.army.mil, or faxed to 475-7935. Please include a brief description of the episode, along with your name and community, a telephone number or e-mail address, and the name of the person you deem worthy of mention, if known. Identities of those to be censured or criticized should not be revealed: We wish to invoke only private shame, not public stonings.

Training Times

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Local troops rewarded for actions in Iraq

BY KATHY JORDAN
TRAINING TIMES STAFF

Fifteen Soldiers of 2nd Battalion, 63rd Armor Regiment, received Bronze Star Medals in a ceremony May 9 outside the unit motor pool.

"It's always good to have an opportunity to thank these guys for the service they give to our country every day they go out," said Lt. Col. Jeffrey Kulp, commander. "I think they are representative of our Soldiers; it's a matter of timing and opportunity. We have a bunch of great Soldiers."

During the battle for Fallujah, when troops did some of the heaviest fighting in Operation Iraqi Freedom II, a company of 2-63 Armor was attached to Task Force 2nd Battalion, 2nd Infantry Regiment. In it were Capt. Jonathon Genge, Sgt 1st Class Myron Kennedy, Sgt. Aaron Ledlow and Spec. James Sharp, who were rewarded for their valor.

Under Genge's command, the company destroyed 20 insurgents and 12 strongholds and discovered multiple caches over 10 days.

As a platoon sergeant, Kennedy attacked the enemy through narrow alleyways that surrounded the objective, routing at least eight enemy pockets of resistance.

Ledlow was a medic who repeatedly en-

gaged ambush positions and provided medical aid for the eastern side of the sector.

While under heavy enemy fire, Sharp, a loader for the command tank, placed himself in harm's way, destroying 13 dismounted insurgents and three mortar positions.

Other awardees were 1st Lt. Matthew Caldwell, Staff Sgt. John Casey, Staff Sgt. Russell Christian, Capt. Michael Davidson, Sgt. 1st Class Charles Gregory, Staff Sgt. Ryan McCullough, Staff Sgt. Jesse Quichocho, 1st Sgt. Andrew Richard, Sgt. 1st Class Edgardo Rodriguez, Staff Sgt. Jose Rojas and Capt. David Violand.

"It's a great honor," said Violand after the ceremony. "It's a wartime ribbon, and it acknowledges a year spent away from my wife. ... We had a lot of tough times, a lot of combat situations that we ran into. [This] makes it a little more worth it in the long run. You feel like someone's acknowledging the fact that you actually did something that was above and beyond what you do in a non-

combat environment."

His wife, Hayley, agreed, remembering how overjoyed she had been to see her husband again.

"I was so happy for everybody to be back," she said.

"When the welcome-back ceremony happened, I was crying. It wasn't just for him; it was for everybody and for those people who didn't come back."

Having spent 10 months in Baqubah helping train Iraqi forces in marksman-

ship, patrols and combat missions for 10 to 12 hours a day, Gregory said he was "glad to be home."

"It was good to train with the Iraqis," he continued. "I was part of the Iraqi cadre team. There were 10 Americans to train almost 1,000 Iraqi soldiers every day. We did missions with them; we trained them; we equipped them. It was nice to hear people say they saw the improvements of the Iraqi army throughout the months we were there. Whether it was from our

guidance or the guidance of the companies that conducted missions with them, they continued to improve during the time we were there."

"The biggest award for me is that every one of our 25 members came back," said Kennedy of his platoon.

Recalling his time in Iraq, he added, "It was exciting and scary, and we went through all the emotions there. It was worthwhile for the Iraqi people, a lot of sacrifice for my guys: time, sweat, blood. I think in the long run, it is helping the people in Iraq. I couldn't get this without the guys I was fighting beside. My platoon ... they deserve this, just like I do - and more."

Genge echoed his sentiments.

"It's for the Soldiers that were there with me for 12 or 13 months," he said. "A lot of the noncommissioned officers I worked with deserve this as much as I do. They have done a lot of amazing things down there. I feel one of the greatest rewards I had was Jan. 30, election day, when we were going to different towns in our sector, and people weeks before who gave you the ugliest looks ... that day they were out there waving and smiling at you, taking part in the election."

"That day just made me feel really good."

The biggest award for me is that every one of our 25 members came back.

Sgt. 1st Class Myron Kennedy
Bronze Star Medal recipient

Volunteer force feted in Vilseck

BY KATHY JORDAN
TRAINING TIMES STAFF

The Grafenwoehr and Vilseck communities celebrated 59 volunteers at the annual recognition May 13 inside a reintegration tent on Rose Barracks.

According to volunteer coordinator Vicky Cunningham, who organized the event, the ceremony changed somewhat this year, so that instead of a civilian, Soldier, family and youth who had contributed the greatest number of hours, a nominee from each organization was chosen.

"I wanted the agencies ... to take ownership of their volunteer," Cunningham said. "That is why I asked them to select a volunteer. They wrote up the little articles about volunteers, so the information came from the heart, and that is where I wanted it to come from. It really makes me feel good. My heart is just swelling, I am so happy for them."

Before the speeches began, Cynthia Thomas of Army Community Service handed out tickets for door prizes as she explained the importance of the evening.

"All of our volunteers are special, and we just want to show them appreciation," said Thomas.

Inside the tent, each recipient stood as a list of his accomplishments was read aloud.

Afterward, Brig. Gen. Mark Hertling, commander of 7th Army Training Command, told the audience that the 59 who received certificates represented almost 1,100 volunteers within the two communities.

"I'm not a big numbers guy," Hertling said, "but that's incredible. That's two infantry battalions' worth of volunteers. They volunteered 92,000 hours of volunteer work this year."

Lt. Col. Joseph Moore, then 409th Base Support Battalion commander, spoke of the need for such a ceremony.

"It's worthwhile taking the time to recognize people," he said. "It celebrates all the good in our community, and that's important to do."

One honoree was Kevin Nowland, 15, a home-schooled student who lends his free time to Vilseck Outdoor Recreation.

"It gives you something to do," he said, "and it is fun."

Another 15-year-old, Marcus Varnado, who attends Vilseck High School, was nominated by Grafenwoehr Gospel Service.

"This award shows appreciation to my hard work and dedication," he said. "I think other young people should get

See *Volunteers*, page 5



Matthais Eckert takes Ralph Bonfigt for a spin at summer safety training in Hohenfels May 13. Clad in protective clothing, Bonfigt was no worse for wear.

Photo by Alice Adler

Safety training sets sights on summer

BY ALICE ADLER
TRAINING TIMES STAFF

Using your head while having fun in the sun was the theme of a day devoted to hot-weather hazards May 13 in Hohenfels.

Vilseck and Grafenwoehr each held a similar event on May 19 and 20, respectively.

Soldiers and civilian employees turned out for sometimes dramatic demonstrations as well as pointers on keeping themselves and their families injury-free in the coming months.

Four stations featured different themes, and groups walked from one to another in rotation.

At the post gym, Peter Suh scaled a two-story rock-climbing wall while instructor Brian Jansma discussed the importance of buying and maintaining proper equipment. Tips for other outdoor sports, including bicycling, mountain biking, swimming and hiking, were also given.

Nearby, installation firemen discussed the finer points of

outdoor cooking. Juergen Spanglem, decked out in full fire-fighting gear, demonstrated the dangers of starting a grill with gasoline by producing a huge fireball.

Down the road in The Zone sports bar, the prevention of heat-related injuries and the dangers of substance abuse were presented in a *Jeopardy*-style game show that used sobering facts, figures and photos.

Across the way in the parking lot of Community Bank, Matthais Eckert proved the effectiveness of wearing proper motorcycle suits and helmets by roaring up and down the street three times, towing Ralph Bonfigt along the pavement in his wake. Bonfigt drew a round of applause as he arose unscathed.

A rollover simulator literally turned some Soldiers on their heads, teaching them the importance of seat belts and the correct way to extract themselves from a flipped automobile.

The event ended at the theater, where participants learned about the dangers of domestic violence and the destructive potential of sexual misconduct.

Many Soldiers said they had been impressed by the scope of topics covered.

"I learned all different stuff that can save your life," said Pfc. Derrick Wiest, "and anything that can save your life is valuable information."

Pfc. Thomas Burke agreed, saying he appreciated the military's effort to educate people about safety.

"It's a very good idea," he said. "It's a good thing [the Army is] doing this."

"Every Soldier should have this training," added Staff Sgt. Leonardo Salazar.

One admitted to having seen how it could save lives.

"I was in a rollover in December," said Pfc. Derek Dickerson. "It's important that you wear your seat belt and know how to get out."

Farewell

Continued from page 1

281st BSB here in Vilseck, and I moved the 409th ... from Grafenwoehr down to Vilseck.”

He explained that throughout Europe, ASGs were absorbing BSBs to make services and operations more convenient for military families by leveling the number of commands within the same footprint.

“Right now, you have two command-and-control headquarters: the area support group and the base support battalion. Under the change that we are making happen within our Army called the ‘standard garrison organization,’ you try to eliminate some of the layering of commands by ... eliminating some of those layers ... We maximize the capability of the organization to provide quality service and programs with direct oversight of those programs. Vilseck and Grafenwoehr will become ... a ‘full-service garrison.’”

He added that another concept known as “common levels of support” would ensure better quality of life for troops and their families as they moved from one military post to another.

“‘Common levels of support’ means that the Soldiers come out of basic training in Fort Benning, Ga., and are used to getting services from their community ACS [Army Community Service] or Child Development Centers. ... When they get here to Rose Barracks, they will receive the same quality of standards and service ... that they have learned to accept in CONUS, now in an OCONUS setting,” he said.

According to Hall, such measures would allow leadership to focus on the mission. “We are streamlining. We have one commander that will take care of all installation management ... He receives the guidance from the Department of the Army, and then he implements it through his regions directly to our garrisons. In doing so, we have freed up a lot of time for our commanders to provide their time and their energy to train our force.”

Resources, he said, would flow directly to the garrison from IMA headquarters, set to relocate from Arlington, Va., to San Antonio.

Hall assured military families that they would not see a decline in facilities or operations.

“Really, the BSB headquarters was a small element of 30 to 40 people,” he pointed out. “The service providers ... are still there providing quality service to our Soldiers without diminishment of those programs. In fact, I think it will enhance [responsiveness to the community] because there is one less command to go through to get to that point of delivery.

“Before, for example, we had a person who sat up at the ASG that did evaluations of our Child Development Centers. We also had a person within the BSB who did evaluations ... Now, I don’t have those two; I’ve got one. We get a direct evaluation of that CDC, and the CDCs are still there.”

Hall stressed that the inactivation had fallen at a good time too.

“This really came about as an opportunity,” he said. “These four BSB commanders [the others being Hanau, Heidelberg and Kitzingen] were changing out this summer, and secondly, the standard garrison organization was approved by the G-3 of the Army, and we had established the common levels of support we will put in this fall. Those three things lining up gave us the opportunity to make this merger happen during the summer. It’s a great opportunity to make another thing happen in terms of change.”

Just as old Soldier, M60 to ‘fade away’

BY ALICE ADLER

TRAINING TIMES STAFF

An era ended for the U.S. military May 12, as the last M60 Battle Tanks in the entire Army trundled out of Hohenfels, after years of service to the Opposing Forces of 1st Battalion, 4th Infantry Regiment.

The M60 was first fielded by the Americans in the 1960s. They saw action in the Gulf War, but armored maneuver units have since replaced them, first with the M1 Abrams Main Battle Tank, then the M1A1 and now the M1A2. The M60s soldiered on in Hohenfels, however, as the vehicles of various “foreign forces” who waged fierce battles in “the box,” or training area.

Local troops said they liked being the last unit to use the M60s and had kept them in good condition.

“Because we have some of the best mechanics in the Army, the M60s continued to roll,” said Chief Warrant Officer 3 Kenneth Davis. “They maintained these tanks above the DA [Department of the Army] goal of 90-percent readiness rate.”

“There was a pride in the vehicle,” said 1-4 Infantry commander Lt. Col. George Copeland. “They were the OPFOR tank.”

Nevertheless, the M60s needed to go. Their age, combined with their almost constant use and the difficulty of obtaining replacement parts, made keeping them up to speed difficult.

“There was a long timeline for parts,” Copeland said.

In Hohenfels, the old tanks were replaced by the modern Opposing Forces Surrogate Training System Main Battle Tank, a smaller model that will allow the OPFOR to get into tighter spaces – “maybe even a little closer to the enemy,” as Davis put it.

The OSTS/MBT is more rapid and responsive as well.

“The M60s were slower, and that determined the speed of the attack,” Copeland explained. “They were also less maneuverable.”



Photo by Gerry Arbios

Chief Warrant Officer 3 Warren Horne shows Kurt Schildhauer the last M60 Battle Tanks in use by the Army before they were conveyed out of Hohenfels May 12.

The new vehicle is capable of crossing terrains that would have stopped M60s in their tracks, and because parts will be easier to get, they will require far fewer man-hours to maintain — a financial win for the Army.

Variants of the OSTS/MBT are in use at the Joint Readiness Training Center in Fort Polk, La., and the National Training Center at Fort Irwin, Calif. All consist of an M113A3 Armored Personnel Carrier chassis topped by a Bradley Infantry Fighting Vehicle turret. Because the latter is different from that of a tank, operating the new mechanism will require some practice, but mastering it will prove beneficial to 1-4 Infantry troops when the Army begins converting tank operators to scouts, who travel in Humvees or Bradleys. Knowing the ins and outs of that turret will put them

ahead of the game.

“[We] will adapt and overcome any and all obstacles to ensure we provide the best Soldiers in the world the best training,” said Davis.

To minimize the adjustment period, 1-4 Infantry was trained on the OSTS/MBT in January and February and used the vehicles during March and April rotations.

As the M60s were loaded up and hauled off, some said they were sad to see their reliable old friends go, while others were excited about working with more advanced models. Davis pointed out, however, that change was a constant in the Army, and the Soldiers of 1-4 would change along with it.

“Before we realize it,” he said, “the new MBTs will become just as lethal, and the M60s will fade away from our memories.”

In brief

Local luau

Asian-Pacific Heritage Month continues with festivities in Hohenfels May 26, 4:30 to 8 p.m., in the Community Activities Center.

The event will feature a performance by the Grupong Filipino Alemanian dancers, a tae kwon do demonstration and free samples of exotic foods. It is open to Soldiers, civilians and their families.

Call Equal Opportunity at 466-4426/2440/4102 for more details.

Fallen remembered

The 100th Area Support Group will celebrate Memorial Day beginning this week.

- The Hohenfels observance is set for May 25, 11:30 a.m., in front of building 1.
- In Grafenwoehr, a ceremony May 30 at the 535th Engineer Company’s Warrior Park, across from the fire station, will begin at 9 a.m. Afterward, the local Veterans of Foreign Wars chapter has invited the community on a trip to the former Flossenburg concentration camp (near Weiden) to visit the tombs of two U.S. pilots. They will return around noon, in time to light a candle

at the John F. Kennedy monument, adjacent to the downtown German post office.

- The VFW in Vilseck will lead a parade May 30, 5:30 to 6 p.m., beginning in the Post Exchange parking lot and proceeding down Constabulary Road to the memorial across from building 305, where a ceremony will end the event.

Buzz on COLA

An online survey to determine future cost-of-living allowances is under way, and all Soldiers whose families are command-sponsored must participate. Single service-members and civilians may not do so.

COLA is paid to ensure purchasing power overseas is on a par with that in the United States.

Visit <https://www.perdiem.osd.mil/oscola/lps/germany> to complete the survey online.

Whiteout

Military and civilian personnel who view their financial information on myPay will automatically receive leave-and-earnings and wage-and-tax statements, or W-2s, in

electronic form only unless, at a link on the Web site, <https://mypay.dfas.mil>, they elect to continue getting paper documents.

Officials said this measure would save millions of dollars and reduce the risk of identity theft.

Mood measurement

To gauge employees’ attitudes in the aftermath of the merger, a survey will be conducted June 6 to 8, 9 a.m. to 4:45 p.m., in the conference room of building 537 on Grafenwoehr.

Soldiers assigned to the 100th Area Support Group, as well as local nationals and Department of the Army civilians, are required to complete it, which should take 20 to 30 minutes.

Surveys in Vilseck and Hohenfels are also planned; watch the *Training Times* for dates.

Closures

- Community Banks and German stores will be closed May 26 for a local holiday.
- Gate 3 and Schmidmuehlen Road in Hohenfels will be closed June 1 to 13.

Fitness center redubbed in tribute to troops

BY KATHY JORDAN
TRAINING TIMES STAFF

As an effort to ensure that Vilseck troops who had lost their lives fighting on foreign soil since Sept. 11, 2001, would not be forgotten, the Hilltop Fitness Center was dedicated to them and renamed “Memorial Fitness Center” during a ceremony May 4.

“In honor of our fallen comrades from various units in Vilseck and for our Soldiers either attached or assigned to 3rd Brigade Combat Team in Germany, the Balkans and

in Iraq ... we want this facility to be a constant reminder that freedom is not free,” said Col. Dana Pittard, 3rd BCT commander. “As long as there is an America and those who are willing to stand up and serve and answer freedom’s call, there will be hope in our world, and the war on terrorism will be won.”

Five surviving spouses – those of Command Sgt. Maj. Steven Faulkenburg, Staff Sgt. Joseph Garyantes, Capt. Christopher Kenny, Spec. Michael Luna and

Capt. Sean Sims – loosed the ropes, unveiling the new sign on the front of the gym to the audience’s applause. Inside, decorations and signs for various units had been hung on bleachers and walls.

As a six-minute video honoring the men was shown, the standing-room-only crowd stood in silence, remembering friends and family members.

Staffs of the 3rd BCT and the former 409th Base Support Battalion, under the leadership of Lt. Col. Joseph Moore, planned the

ceremony and procured the bronze plaque on which 34 names and the date when each died appear.

“I appreciate what the 3rd Brigade is doing to dedicate this fitness facility to some wonderful Soldiers that are part of an incredible team,” said Maj. Gen. John R. S. Batiste, 1st Infantry Division commander.

“Let me address my remarks to the families of our fallen comrades today, the wives and children ... of these wonderful Soldiers,” he continued. “They were a part of something very big. I first thank

you for your sacrifice, your commitment and your support through very difficult times. Thank you for who you are, thank you for your indomitable spirit as we work through this together.”

Looking at the plaque displayed inside the gym, Staff Sgt. Durelle Loggins said of those whose names had been engraved, “People gave their life for our country. It’s the sacrifice and dedication they put into the Army and their Soldiers ... so everyone can have freedom.”

Readers rewarded with colorful repasts



Photo by Kathy Jordan

Ann Trinidad of Grafenwoehr Elementary breakfasts on green eggs and ham at Burger King May 7 as recognition for reading.

BY KATHY JORDAN
TRAINING TIMES STAFF

After five weeks of devouring all kinds of books, students at Grafenwoehr Elementary School were treated to a breakfast Dr. Seuss would surely have recommended. Those who had met their reading challenge sat down to free kids’ meals featuring the famous green eggs and ham May 7 at Burger King.

“Children had to read a certain amount of books depending on their grade level,” explained school counselor Barb Davis. “If they did, then they become ‘bookworms’ and have their names posted at Burger King and at the school. This is our gala breakfast to celebrate all of our bookworms.”

Under the program, kindergartners had to read five books, first-through third-graders were responsible for four, and fifth- and sixth-graders, three. Together enrollees finished more than 2,000 volumes, and nearly 700 partook of the fanciful feast, according to parent volunteer Christina

Gonzalez, who tallied the results.

Restaurant employees dressed up as Seussian characters and read aloud to the children. Tim Schilling kitted himself out as the Cat in the Hat for the occasion.

“I did it last year,” he said, “and ... it really made me feel like I accomplished something. ... I had such a good time doing it. I gave them my word I would be back.”

This was the second year the fast-food chain had sponsored the program, organized by the school-home community partnership.

“Reading is very important, and we want the kids to know we support them no matter what,” said Burger King manager Cheryl Gooden. “When they bring in the free-meal coupon, the expression on their face is priceless, because they know they have done something and will be rewarded.”

Some seemed to have been lured, not by food in lurid shades, but by the tales themselves.

“It’s the best thing I like doing,” 7-year-old Isabella Garcia declared

of reading. Her mother, Maricela, confided that her daughter often lined up her 20 dolls and encouraged them to join her.

“It makes you learn new words,” offered Mikayla Davis, 6, a second-year participant.

“She likes ... sight-word and rhyming books,” her mother, Michelle, added.

According to principal Mary Zimmerman-Bayer, students have improved their reading scores, thanks to “the special green eggs and ham breakfast. ... Some ... have gone up two and three grade levels in one year.” She said it had helped even those who tested below the standard level “considerably. ... That is because we are encouraging daily practice.

“What’s exciting about this program is that it combines the community effort, and the kids are excited and ... have a good focus activity, which is reading,” Bayer continued. “It reinforces good things all the way around.

“It’s making everybody happy.”

In brief

Mail call

- To avoid long lines at the post office, customers are encouraged to make appointments, preferably before opening hours. All may take advantage of this service, and anyone who has five or more parcels is highly encouraged to do so. Call 475-6333 in Grafenwoehr or 476-2581 in Vilseck a day or more beforehand to schedule a time.
- Those who require only postage stamps may purchase them from the Post Exchange customer-service counter, Book Marks and the 24-hour Shoppette.

Work in progress

Employment-seekers are invited to a job fair May 25, 10 a.m. to 3 p.m., inside tent 4 of the

reintegration site in Vilseck.

Participants will include Army Community Service, the volunteer coordinator, Army and Air Force Exchange Service, representatives for nonappropriated fund positions and the Civilian Personnel Advisory Center, Defense Commissary Agency, Anteon, Raytheon, Northrop/Logicon, spouses’ clubs, Army Emergency Relief scholarship fund, Exceptional Family Member Program, Scouts and Army Family Team Building.

For more details, call 476-2650.

File now for free lunches

The school liaison officer is accepting applications for free and reduced-price meals.

Forms are available at the schools, and completed ones

should be returned as soon as possible, along with documents to prove eligibility. Parents must reapply for the program each year.

For more information, call Steve Vojtecky, now in the Grafenwoehr headquarters building, at 475-1770 or e-mail to steve.vojtecky@us.army.mil.

Red Cross

- The Grafenwoehr office has moved to room 214 of building 536. The phone number is unchanged: 475-1760.

- A first-aid class, including techniques for adult, child and infant CPR, will be taught June 3, 8 a.m. to 4:30 p.m., in Grafenwoehr. The \$35 fee must be paid in advance with a check or a money order. For more information, call the

number above or the one below.

- The Vilseck office will give a free volunteer orientation June 7, 9:30 to 11:30 a.m. Call 476-1760 to sign up.

Traffic changes

The speed limit on Wilbur Road in Grafenwoehr from gate 1 to gate 9 has been changed to 18 mph, and drivers on the tank trail must now yield to motorists on Saratoga Avenue.

Help wanted

The Grafenwoehr Thrift Shop is seeking volunteers able to work Tuesdays and/or Thursdays, 9:30 a.m. to 2:30 p.m. Child care would be provided.

For more information, call Darlene Fiedler at 475-6181.

Volunteers —

Continued from page 3

involved to show that they care for other people.”

Marcus’ mother, Twyla, whose husband is downrange, expressed what the mention meant to her family.

“I’m very proud of him, because I know that he worked hard ... I think it is great that he volunteers ... He gets to see that there are different people in the world. He gets to see the people who really care about people. For him to know that there are caring people in the world in the midst of all the stuff you see on television means a lot.”

Editor’s note: For a complete list of those recognized, see Hisses and Hurrahs, page 2.



Heroes' welcome

What better way to celebrate the 3rd Brigade's being back home than an all-day outdoor bash?

BY KATHY JORDAN
TRAINING TIMES STAFF

A little wind and rain did not stop people from thronging to the 3rd Brigade Combat Team's homecoming festivities May 4 at Rose Barracks Army Airfield in Vilseck.

Soldiers, family members and well-wishers spent the afternoon whirling on carnival rides, downing free food from a buffet or having their faces painted for the occasion.

Disc jockeys from American Forces Network Bavaria awarded prizes in a radio contest, and Jenna Shell won a motor-cycle given away by Harley Davidson.

Live entertainment inside the tent got started with the 1st Infantry Division's rock group, which performed numbers

by request, covering songs from rhythm and blues to rock 'n' roll.

Blessid Union of Souls kept the audience on its feet with selections from their current CD and earlier ones, as well as tributes to other artists. The group, which took its name from an episode of the popular '70s sitcom *M*A*S*H*, played nonstop for more than 50 minutes, ending their set by throwing CDs into the crowd.

Next up, Christopher Titus performed his one-man show of in-your-face humor.

Before going onstage, headliner Travis Tritt took time to meet a chosen few backstage, telling the troops and their spouses how much he appreciated their service to America and how much they did "for all of us." He posed for

pictures with groups of admirers, who also received autographed photos and copies of his latest CD.

Jennifer Anderson was one family member who got the chance to chat with the country-music star.

"It was nice for Travis Tritt to come out and support the Soldiers like this," she said, "and just be able to come and tell them 'thank you.'"

When he took the stage, the audience sang along to favorites and clapped in time to those they didn't know by heart. Near the end of his concert, Tritt flung customized guitar picks to the fans, and when his musical set was over, he returned for an encore of half a dozen songs. His concert lasted for nearly three hours and ended with fireworks.



Photos by Alice Adler

Jeff Pence, guitarist for Blessid Union of Souls, plays to a packed tent at the 3rd Brigade's homecoming celebration May 4 at Rose Barracks Army Airfield in Vilseck (above). Lead singer of the group Eliot Sloan belts out a song (below left). At the end of their concert, the band tossed CDs to their fans.



Jenna Clifton, stepdaughter of Command Sgt. Maj. Steven Faulkenburg, who was killed at Fallujah, Iraq, Nov. 9, 2004, meets Travis Tritt backstage before his concert (above), while her maternal grandmother looks on (top). Later in his set, Tritt speaks to the crowd (right), clad in the battle dress uniform top that Lt. Col. Joseph Moore, then 409th Base Support Battalion commander, had presented to him earlier that evening as a token of appreciation for his appearance.



Katie Warren and her brother Caleb take a joyride in toy cars, one of many amusements at the event.



Sgt. 1st Class James Kruczek, guitarist of the 1st ID's rock band, performs for his comrades, backed by Sgt. Sam Metcalf on drums.



Jenna Shell goes wild upon hearing she has won a Harley.



Fireworks light up the sky after the musical entertainment.

Aim of nature walk planting seeds of consciousness

BY ALICE ADLER

TRAINING TIMES STAFF

Students from five American classes and three German ones blinked their eyes against the brightly shining sun before setting off into the cool of the woods around Hohenfels for an environmentally minded forest tour May 12.

Their first stop was the Friendship Hut, where Heinrich Rippel of the German forestry service told them about the animals, birds and insects that live in the surrounding woodlands. The children saw a range of stuffed-and-mounted species and ran their fingers along the coarse hair of a boar skin. They discussed various habitats as well, taking a look at bat- and birdhouses.

Afterward, the youths embarked on a one-and-a-half-hour walking tour, led by representatives from the forestry service and the Directorate of Public Works Environmental Office. As their guides pointed out different kinds of trees, flowers, plants and bugs, the children gazed at leaves and pine needles, noticed shoots pushing their way through the forest floor, and listened to the chirp of birds.

Back at the hut, the students saw photographs of meadows and wetlands, learning about the important role of each. They played a pinecone-tossing game, the real object of which was teaching them to identify trees. Finally, they roasted marsh-



Photo by Alice Adler

Christoph Vandrey of the German forestry service shows children from Hohenfels Elementary and a local school some rare flowers that grow in the woods nearby.

mallows over a campfire.

The forest tour is done every spring — a joint observance of the American Earth Day celebration and the local *Tag des Baumes*, or “day of trees” — but this was the first year that German pupils had been invited along.

“They liked to come on the Army post and learn about the trees and the birds,” said their teacher Vera Knott.

Christoph Lichtenegger, an environmental technician with DPW, coordinates the event

annually and sees the woodland exploration as an opportunity to educate young people about the environment.

“You can tell them in the class whatever you want,” he said, “but if they see it, if they feel it, it’s a lot easier for them to keep it, to understand it.”

First-grade teacher Colleen Caputo agreed. “It is one thing to show them in a book; it’s another thing to hand them a plant,” she said. Instilling the next generation with the

beauty and harmony of nature will go a long way toward helping preserve the Earth in the future, according to organizers.

“If they learn to appreciate the environment, they will want to take care of it, and they will treat it with more respect,” said Caputo.

Many students seemed eager to share this heightened awareness.

“I like learning how to count the rings so we know how old the tree is,” said first-grader William Schmalz. “I also learned that bugs can get in the tree bark and kill the trees.”

“I liked how owls go into the trees to sleep,” said Tanja Vass, also in first grade. “My dad is a hunter, so I liked learning about the forest.”

Their teachers enjoyed their enlightening day in the sunshine too.

“I love it,” Caputo said. “It’s wonderful for the kids to learn about the animals and plants in a new country — and to enjoy the fresh air.”

Making the woods a wondrous place to be revered, rather than lecturing them sternly on the importance of conservation, was one of the goals for the day.

Lichtenegger watched as the children observed tadpoles swimming at edge of a lake, aimed pinecones at bough-filled baskets and dropped bubbling, browned marshmallows into their mouths.

“It’s a little bit of information,” he said, “and a little bit of fun.”

Hawknose Halley (portrayed by Vanessa Wells, far right) eyes her dogs (played by, left to right, Jefferey Redden, Jimmy Calhoun and Nick Harrison) during a performance of *The Wiz of the West* May 14 at the Community Activities Center.



Photo by Laura Redden

Western spin on ‘Wizard of Oz’ touches down for local children

BY JOANNE LOVE

CAC SPECIAL EVENTS COORDINATOR

Hohenfels is certainly a long way from Kansas, but it came a little closer May 14, when the Community Activities Center was transformed into lawless lands, and a cast of almost 50 students took their audience on a delightful romp with *The Wiz of the West*.

Directors Kylie Orr and William Murray of the touring Missoula Children’s Theatre troupe brought this frontier take on *The Wizard of Oz* here, holding auditions May 8. Nearly 100 elementary and high-school students tried out, and those chosen learned lines, songs, dances and the art of working as a team during five days of four-hour rehearsals.

As in the original version, Dorothy

(played by Kaye Hoss) is transported by a tornado to a strange and faraway place — along with her little dog (Nina Wollersberger). There Cyclone Sal (Kylie Orr) helps defend them against the nasty Hawknose Halley (Vanessa Wells) and her dogs (Jefferey Redden, Jimmy Calhoun and Nick Harrison).

Along the way, they meet Scared Crow (Millna Klucik), Lionel (Eric Wollersberger) and Tinhorn (William Murray) and decide to search for Dr. Ozzie (William Duvall).

Other cast members included Alex Klucik and Emily Bagdasarian as Dorothy’s uncle and aunt.

Deborah Barrows provided musical accompaniment for the rehearsals as well as two performances.

Sixth grade steps up for fall

BY ALICE ADLER

TRAINING TIMES STAFF

Because the transition from elementary is a big one, children nearing the end of sixth grade are annually taken to visit Hohenfels Middle High School, which they will attend come autumn. This year, the tour took place May 17, when students spent the day getting to know the staff and the building.

“Kids sometimes have a lot of questions and a little fear,” said principal Maureen Belanger. “They get to come see what it’s like here — and taste the food.”

She added that sixth-graders looked forward to the day. “They stop me and ask when we are having it.”

Groups of new students were led through the various facilities by seventh-graders, who were, not long ago, in their shoes.

The children also got time to chat with Belanger about the courses they would take and difficulties they might encounter as they began to change classrooms and teachers.

“We talk about the importance of keeping an assignment book,” said Belanger, explaining that although the students currently had many subjects, one teacher kept track of assignments for them. “Now they will have to coordinate it.”

Middle school is not all work and no play, however, and so Belanger also listed the various activities and sports in which they could participate. She told them the rules and discussed bullying and being bullied in detail.

Sixth-grader Abby Witty said she had enjoyed her tour, seeing it as a chance to prepare for her first day there in the fall.

“I’ll know where everything is and what the school rules are,” she said.

In turn, the pupils made a favorable first impression on their new principal.

“They really like the day,” said Belanger. “As they leave the building at the end of the day, they all make sure to thank me.”

Of course, many future seventh-graders will arrive over the summer. For this reason, middle-school students start a day before those in high school, so that they may adjust to their new surroundings without upperclassmen around. Belanger added that meetings with parents were scheduled as well, to help answer their questions and ease any anxieties they might have.



Photo by Alice Adler

During their tour of Hohenfels Middle High School May 17, sixth-graders (from left) Justin Sample, David Rowland, Justin Gaskins and Cedric Mayberry study the directory in the front hall.

Off post

- Shop the market inside the courtyard of *Schloss Geyerswoerth* in Bamberg for handmade pottery and other wares May 28, 11 a.m. to 7 p.m.
- Wuerzburg will throw its annual Africa Festival, featuring food, crafts, and more than 250 musicians and dancers, May 26 to 29. Tickets are 22 euros for one day or 72.60 euros for three. Visit www.africafestival.org/index_e.html or phone 0931-372-398 for additional information.
- The city center and pedestrian zone in Weiden will teem with tots May 27, 10 a.m. to 6 p.m., during the *Kindertag*, an event with many activities for children.
- A number of garden shows are set for May 27 to 29. For details and directions, visit the following sites: www.dennenlohe.de/seite1.htm, www.ippenburg.de and www.gartentraeume.com/2005/handler.php.
- In the final weeks of World War II, the Allies bombed Grafenwoehr on April 5, 1945, and again three days later. In remembrance of this, the local military museum will host 60 Years of the U.S. Army in Grafenwoehr, featuring period photographs and equipment, through Aug. 31. The exhibit is one of the so-called “95-60-50” events (which will run through July 4) to commemorate jointly the 95th year of the Grafenwoehr Training Area, the 60th anniversary of the U.S. Army’s postwar arrival in the area and the 50th year of the *Bundeswehr*’s existence.

For more German events, go to www.100asg.army.mil/sites/news/events.asp and click on “HERE” at the end of the opening paragraph.



File photo by Alice Adler

In the mood

All Soldiers and civilians are invited to dance the evening away – as Master Sgt. Mike Moser and his wife, Nicki, are shown doing last year – during the Army Birthday Ball June 16 at the *Ostbayernhalle* in Kreuth. Part of the German-American ‘95-60-50’ celebrations (see *Off post*, left) the event will begin with cocktails at 6; a buffet dinner will start at 7. Attire is mess jacket, dress blues or Class A’s for military personnel and formal wear for others. Tickets are 20 euros and available from Jim Federline (for 100th Area Support Group staff only) or unit S-1s and first sergeants.

Education

- Central Texas College will offer the following vocational-technical courses June 6 to July 29 at the Vilseck Army Education Center: manual drive trains and axles (four credit hours), child growth and development (three hours) and child-abuse prevention and investigation (three hours).

All are classroom-based. Register through June 3 by calling 476-2362, e-mailing to chuck.sligh@europe.ctcd.edu or logging on to www.europe.ctcd.edu.

- The U.S. Army, Europe, G-4 Supply Division will offer a workshop in materiel management July 11 to 15 in Sonthofen, Germany. Deadline to register is June 8. For more information, visit <https://extranet.g4.hqsareur.army.mil/Login/login.cfm>.

Army Community Service

Newcomers to Grafenwoehr and Vilseck can pick up a smattering of German, learn about on-post agencies, and shop and have lunch outside the gates during Welcome to Bavaria June 6 to 10. Call 476-2650.

Trips and tours

Grafenwoehr and Vilseck

- Spend a day at the zoo in Munich May 30. The fee of \$29 for adults and \$19 for children ages 3 to 12 does not include admission: 6 euros for adults and 3 euros for children. Register by May 26.
 - Travel to Southern Moravia in the Czech Republic June 24 to 26. Tour chateaus, attend a folklore festival and hike through caves. Passports are required.
- For more information about the above excursions, call Information, Tickets and Reservations at 475-7402 or 476-2295.

Hohenfels

- See the sights of Vienna, Austria, June 4. The fee is \$55 to \$60, depending on exchange rates.
 - Splash about at Palm Beach pool near Nuremberg June 11. The \$40 fee is subject to change.
- To sign up for either, call ITR at 466-2060.

Free summer camp deadline extended

IMA-EUROPE PUBLIC AFFAIRS

Applications for Operation Purple Camp are now being accepted through May 27. The all-expenses-paid program is designed for youths whose parents are, will or have deployed. Operation Purple Camp Italia, at Camp Darby, Italy, July 17 to 23 or July 24 to 30, is for sixth- through eighth-graders. Operation Purple Camp Bavaria, Aug. 21 to 27 or Aug. 28 to Sept. 3 in Garmisch, is for high-schoolers.

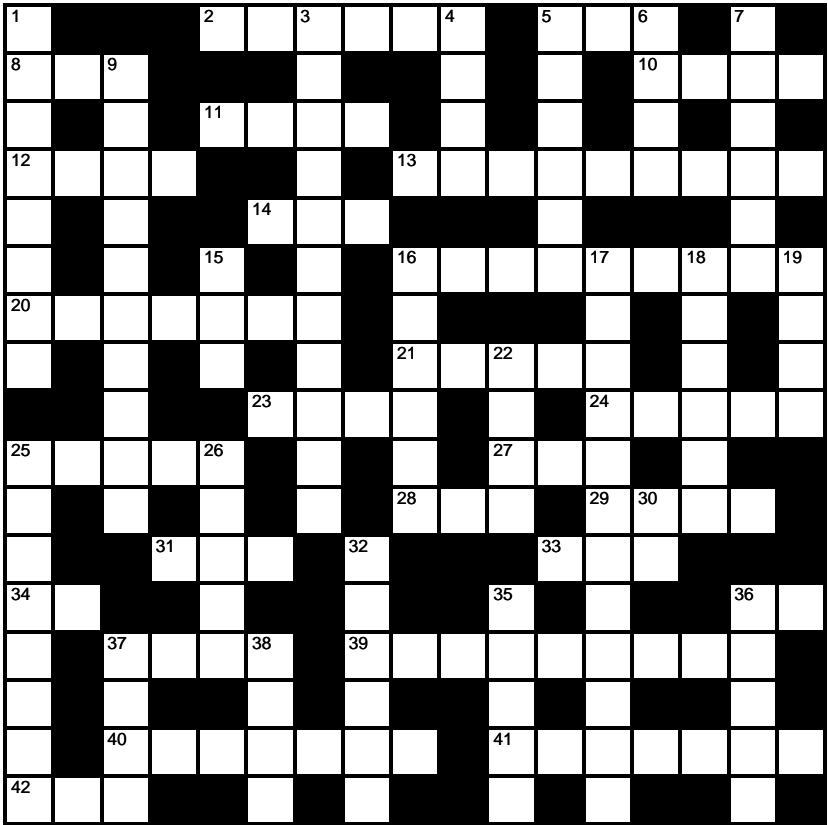
Each weeklong camp will feature team-building exercises, recreational activities, art projects, motivational speakers and peer forums to strengthen resiliency and improve coping skills.

Forms are available at local youth centers, from Army Community Service and on the Web at www.mwr-europe.com. They may be e-mailed to purple@ima-e.army.mil, faxed to 370-8491 or 06221-57-8491, or sent to USA IMA-E; ATTN: IMEU-MWD-C; Unit 29353, Box 200; APOAE 09014.

Space is limited, and priority will be given to children of servicemembers currently downrange, then youths whose parent has returned, followed by those for whom a deployment looms. Selections will be made before the end of the school year.

For more details, call Installation Management Agency–Europe Child and Youth Services at 370-7486 or 06221-57-7486.

Crossword If Asian-Pacific Heritage Month has set your mind sailing, buoy your landlocked body with this knotty nautical puzzle



Across

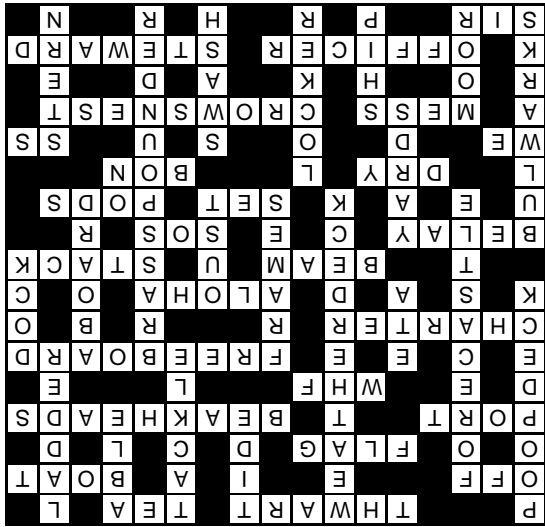
- 2 Rower’s seat
- 5 Plant’s leaves once precious cargo
- 8 Cast ___ (to release sheets)
- 10 Small craft
- 11 Pennant
- 12 Left side
- 13 Locations of lavatories
- 14 Quay (abbr.)
- 16 Distance from highest point of hull to water
- 20 To hire
- 21 Hawaiian “hello”
- 23 Ship’s width
- 24 Funnel
- 25 Make secure
- 27 Distress signal
- 28 ___ sail
- 29 Craft’s compartments
- 31 Sort of land sought at sea

- 33 “___ voyage!”
- 34 “Thar she blows! ... And away ___ sail to fight some other world, and go through young life’s old routine again.” — *Moby-Dick*
- 36 Steam-powered vessel (abbr.)
- 37 Where captain eats
- 39 Lookout
- 40 Admiral, e.g.
- 41 Provider of provisions
- 42 “Aye, aye, ___!”

Down

- 1 Partial platform
- 3 Open to elements
- 4 Rise and fall of waves
- 5 Rigging
- 6 What a seaman’s body should be
- 7 Jacob’s, e.g.

- 9 Crew’s quarters
- 15 Conjectured docking hour (abbr.)
- 16 Ribs
- 17 Radio operator
- 18 Onto
- 19 Part of pier
- 22 To mutiny
- 25 Rails or walls
- 26 Factories
- 30 “All hands ___ deck!”
- 32 Davy Jones’ is bottom of ocean
- 35 Narrow channel
- 36 Back
- 37 To anchor
- 38 ___-shape (tidy)



playtime

Aim of fair fitter community

See 'box' by bicycle

Pedal through the scenic Hohenfels "box," or training area, June 12.

Eight routes of 30 to 206 kilometers will begin at intervals from 6 to 8 a.m. Fees from 3 to 10 euros include drinks and fruit, and children under 14 may ride for free. Deadline to register is June 6.

For more information, call the Parsberg tourism office at 09492-905767 or log on to www.radsport-lupburg.de.

German-American events

- As one of the "95-60-50" festivities (see *Off post*, page 9), the Grafenwoehr *Sporthalle* will host a family fitness day June 5, featuring a half-marathon, aerobics shows and other activities, 1 to 10 p.m. Americans are invited to participate or attend. Admission is free, and children will receive T-shirts. The fee to enter the 13.1-mile run is 10 euros, which includes a medallion and a shirt.

- Local U.S. basketball teams will play host-nation opponents at the *Sporthalle* June 7 and 9, 6 p.m. Spectators are welcome.

For more details about either, e-mail to andrew.snoddy@us.army.mil.

Call for coaches

Hohenfels Youth Sports seeks volunteers for its summer camps.

Counselor-coaches in basketball, bowling, flag football, volleyball, golf, tennis, racquetball and soccer are needed, and background checks are required. Sign up by June 3.

For more information, contact Jerry Mayhew, 466-2488 or jerry.mayhew1@us.army.mil.

BY KATHY JORDAN
TRAINING TIMES STAFF

The second annual Health and Fitness Fair at Grafenwoehr Field House May 12 featured a hodgepodge, from kickboxing classes to local library resources — all showing how on-post agencies could meet people's wellness needs.

"We want to get the word out to the community about a healthy lifestyle ... anything having to do with a sense of well-being," said Shelby Jones, 100th Area Support Group health promotion coordinator. "We are promoting physical as well as emotional well-being."

The Army and Air Force Exchange Service displayed a variety of running shoes, vitamins, books and low-carbohydrate foods.

"My mission here today is to let the people know we have to live healthier to live longer," said AAFES employee Glenda Dunbar. "We all want to live a healthy and fulfilling life. That is why we are here to show them the many health items we have to offer. We just want people to know you have alternatives that are good food choices."

Connie Wilkes and Elizabeth Hill, counselors in adolescent substance abuse from Vilseck High School, had come with their "therapy dog" Ender.

"For us, it's about drug-and-alcohol prevention for teens," said Wilkes. "We want parents and kids to be aware of the risk factors in the community. We also want them to be aware of the help that



Photo by Kathy Jordan

Sarah Fogle (right), local aerobics instructor, does a body assessment on Heidi Burns during the second annual Health and Fitness Fair May 12 at the Grafenwoehr Field House.

is available in the community."

A variety of leaflets provided information for those suffering from different types of abuse.

"We are here to promote our ... program, not only for domestic violence, but also for sexual assault ...," said Simone Hartley, victim-advocate coordinator for

Grafenwoehr. "We try to promote the program at the health fair by giving out ... pamphlets and talking to people specifically about the victim-advocate program. I think there is a need in the community for this. A lot of people are afraid to come forward and say they have been having

problems. The program lets them know what their options are."

Because being a new parent can be stressful as well as joyful, Rochelle Marshall, a social worker for the New Parent Education and Support Program, hoped her booth would benefit families.

"My goal is to inform women about safe pregnancy and healthy labor and how to have a comfortable labor and a wonderful experience while pregnant," said Marshall. "One of the major problems I have seen is people not being prepared and not really understanding what is involved with taking care of a newborn. They can become very stressed, which can lead into postpartum depression."

At other stations, personnel answered questions about vision, dental hygiene, the neighborhood watch program, mental health, spiritual assistance, massage techniques for tension relief, physical therapy, safety, opportunities in the child-care field, sexual harassment, and Women, Infants and Children Overseas.

Serge Kearse, 100th ASG Sports and Fitness Operations Branch chief, helped to organize the fair last year and said it had proved so popular that the department decided to repeat it.

"There was a demand in the community as far as being aware of their general health and fitness," he said. "We want to educate Soldiers, civilians and our family members about nutrition, health and fitness. It will make you live longer, be happy and healthier."

Aviation team takes softball title home

BY KATHY JORDAN
TRAINING TIMES STAFF

Softball season opened in the 100th Area Support Group with a combined clinic and tournament at the Vilseck Softball Triplex on Rose Barracks May 3 to 8. In the tourney, the final portion of certification for coaches and officials in training, 16 teams competed.

Sports specialist Alex Ruiz said the event had gone well. "We had only four or five teams last year for the tournament, because of the deployments."

Company D, 3-58th Aviation, dispatched Company A, 201st Forward Support Battalion, 34-9, before facing 615th Military Police Company, whom they defeated, 18-8. Co. D continued their streak, beating Headquarters and Headquarters Company, 1st Battalion, 63rd Armor

Regiment, 30-8.

The last team standing between them and an undefeated record was Headquarters and Headquarters Company, Operations Group, of Hohenfels, defending champions from last year. They also lost to Co. D, 31-10, but fought their way back from the losers' circle by defeating Company B, 2nd Battalion, 2nd Infantry Regiment, 23-10.

When the two teams met again, each seemed determined to hit the ball hard and get a good lead, but the match was a hitter's game, with less than three points' difference in the scores at the end of each inning. Both played aggressively and made some spectacular saves and catches. In the end, Co. D won, 20-18, and its members were named undefeated champions, leaving HHC,

Ops Group, in second place. Co. B, 2-2 Infantry, came in third.

Hitting statistics were as follows: for Co. D, Chad Gerau, four for four with two home runs; Kevin Jordan, three for four with one home run, a triple and a double; and Miguel Martinez, four for four with one home run; for HHC, Ops Group, Eric England, three for five with one home run; Donald Jackson, two for three with one home run and a walk; and Darren Mesch, three home runs and two singles.

The next local tournament will be the annual Midnight Madness, May 27 to 29 in Vilseck. Four groups of teams will play in a round-robin, double-elimination format.

"Last year, some games ... lasted until 4:30 in the morning," Ruiz said. "Then they started playing again the next morning at 9 a.m."

Falcons meet AF North, SHAPE on soccer fields

BY KATHY JORDAN
TRAINING TIMES STAFF

Vilseck soccer teams took on players from Supreme Headquarters Allied Powers Europe in Belgium and AF North last month.

The Falcons defeated SHAPE, 2-1, April 29 with Aaron Vernon and Steven Tracy scoring goals for Vilseck and Claudio Citta bringing in one for SHAPE. Kevin Pollock made 10 saves for the Falcons; for SHAPE, Dennis Habermann had seven, and Thilo Kernchev, two. Jamaal Johnson and Sean Anderson made assists for Vilseck, and Jan Luska had one for his team.

The junior varsity boys lost to SHAPE, 4-0. No statistics were available.

The Lady Falcons varsity team beat SHAPE, 1-0. In the first half, Lacy Wallen scored the only goal of the game, and her teammate Jessica Linka made an assist. Vilseck's Liz Watsek had seven

saves, Linka contributed five, and Angie Odom, four. Elia Brejo Pena made five for SHAPE.

The junior varsity girls also defeated SHAPE that day by the same margin: 1-0. Simona Clark scored the sole goal in the second half, assisted by Chrishona Thomas.

On April 30, AF North defeated the varsity Falcons, 4-0. Pal Skaugen scored twice for his team, and his teammates Anders Solheim and Mike Kincaid each added one goal. Kincaid, Chris Eden and Adrien Nieto made assists for AF North. No other statistics were available.

The boys' junior varsity team lost to AF North 3-1, despite a second-half run in which Roger Connolly made a goal.

The varsity Lady Falcons tied AF North, 1-1. Linka scored, assisted by Rosa Leon, and Watsek made five saves. Statistics for AF North were unavailable.

Junior varsity girls did not play.

Use smarts in sunshine

AMERICAN RED CROSS

The memory of a day frolicking at the pool can be ruined by going home with a sunburn.

Poor planning and too many rays can lead to dehydration, fever, blisters, infections, shock and, ultimately, skin cancer. One serious sunburn can raise the risk of cancer by 50 percent, though it might take years to develop. UV radiation also causes wrinkles, blotches, sagging and discoloration. Because this damage can never be erased, follow these tips to prevent it:

- + Apply sunscreen of SPF 15 or higher to all uncovered areas;
- + Minimize exposure from 10 a.m. to 3 p.m., when rays are strongest;
- + Reapply sunscreen every two hours, even on cloudy days and especially after swimming or perspiring;
- + Wear a hat and clothing that shields your body;
- + Do not use sunlamps or patronize tanning parlors.

If you do get burned, here's how to stop the pain:

- + Aloe vera is antibacterial and highly effective because it stimulates the immune system. Squeeze gel out of leaves cut from the plant or purchase it bottled at most health-food and drug stores;
- + Apply cool, but not cold, compresses or take baths for 10 to 15 minutes several times daily (baking soda in the water may give relief);
- + Use a soothing lotion, never petroleum jelly, ointment or butter, all of which can worsen symptoms and slow healing by preventing air circulation;
- + Acetaminophen (Tylenol, for example) might also be helpful.

German Culture 101

Handshakes, not hugs, rule of thumb

BY MARTINA BIAS

SPECIAL TO TRAINING TIMES

I still remember the first time I visited the United States with my fiancé. I was to meet his parents, who were picking us up at the airport, and naturally, I was nervous as I got off the plane and walked up to greet them. Jitters turned into shock, however, when my future father-in-law immediately enveloped me in a huge bear hug. I was so completely unprepared for this that I must have felt as stiff as a board in his arms.

It is widely known that the French greet one another with three kisses on alternating cheeks. Many Italians and Dutch do likewise. Some Americans therefore assume that all Europeans freely show their emotions, but this is not always so. Germans are quite formal with their civilities and very reluctant to express their feelings in public.

The standard German greeting is a firm handshake, used by women as well as men and extended not only to strangers but relatives and friends. Failing to offer someone your hand is considered extremely rude and a sign of bad manners. When we visit my parents, for example, I am expected to shake their hands as soon as I walk through the door. Once when I was carrying several things, I didn't get around to doing my duty right away and later forgot about it. After an hour or so, my mother approached me with a scolding look and asked me whether I planned on greeting her properly that day.

I am pretty Americanized now and have started to greet people with hugs. I even find myself embracing my own parents, a practice that still leaves them feeling uncomfortable, as I can clearly see in their eyes.

Even though it is becoming less common these days, when German children are taught proper manners, girls are instructed to greet adults with a *Knicks*, or "curtsey," and boys are to bow slightly in a *Diener* (literally, "servant") much as the Japanese



Photo by Alice Adler

Two Bavarians greet each other at the Hohenfels German-American Volksfest May 5. Germans tend to be more reserved than Americans and other Europeans.

do. When an adult extends his hand, a child is to present his right hand and utter a pleasantry.

Displaying respect when greeting one another is among Germans' foremost concerns. Such courtesy is reflected, for instance, when two local men meet each other, saying, "*Habe die Ehre ...*," which literally translates to "it is my honor [to meet or see you here]." Although it sounds formal, this is not a phrase used between two businessmen or by someone being introduced to a dignitary but among friends and acquaintances.

Americans should also be careful about greeting a German with "*Wie geht es Ihnen?*" or "how are you?" This will be perceived not as a throwaway line but a genuine show of concern; be prepared to stay a while and hear a lengthy and

detailed answer.

Germans are reserved with their declarations of affection too. "*Ich liebe Dich*," or "I love you," is usually reserved for one's significant other. To a relative or a child, one says, "*Ich hab Dich lieb*." This translates loosely to the same English words yet has a slightly different, less romantic meaning. It falls somewhere between "I love you" and "I am extremely fond of you."

My husband is from Knoxville, Tenn., and I soon realized that many Americans, especially Southerners, are generous with their endearments. Over the years, I have become more accustomed to being called "honey," "sweetheart" and "darling" by total strangers, but in Germany, such pet names are spoken only to one's spouse or other intimates.

'Kaesekuchen': how locals bake decadent American cake

BY MARTINA BIAS

SPECIAL TO TRAINING TIMES

In Germany, cheesecake is called "*Kaesekuchen*," and although it is similar in appearance to the New York style, its base and its filling are different. The former is made, not from crushed graham crackers or cookies, but rather a dough that bakes into a thin cake-like layer. The latter is much lighter than in the American classic, dense with cream cheese, for Germans use *Quark*, a soft, fresh cheese that is naturally low in fat yet rich in flavor. Because this ingredient is hard to find in American grocery stores, I have substituted a combination of cream cheese and cottage cheese that has been whirled in a blender.

Kaesekuchen may be plain, but it is often speckled with raisins, glazed or topped with mandarin oranges, as in the recipe below — such an easy way to prepare this perennial favorite that my German baking book has titled it Lazy Women's Cake.

Please note that this version needn't be refrigerated; indeed, it should not be chilled, just cooled thoroughly. Bake one on Saturday, so that it will be waiting to serve for

the traditional *Kaffee und Kuchen*, or "coffee and cake," on Sunday afternoon.

Guten Appetit!

German Cheesecake with Mandarin Oranges

Base

- 1 1/4 cups flour
- 1/4 cup sugar
- 1 egg
- 1/2 cup (1 stick) butter or margarine, softened
- 1 teaspoon baking powder

Filling

- 1 pound cottage cheese
- 1 1/2 cups milk, divided
- 4 ounces cream cheese
- 2 eggs
- 1/2 cup sugar
- 3-ounce package cook-and-serve vanilla pudding
- 1/2 cup oil
- 1/2 cup sour cream
- 1 can mandarin oranges

Place cottage cheese in a piece of cheesecloth or a fine sieve and let drain for about an hour.

Put ingredients for base into large bowl and mix by hand until soft dough forms. Flatten into circle and use to line bottom and sides of 10-inch springform pan. Refrigerate for at least 30 minutes.

For filling, pour one cup milk into blender. Add drained cottage cheese, cream cheese, eggs and sugar. Blend until smooth. Pour into large bowl. In another, whisk together remaining milk, pudding mix, oil and sour cream. Gently fold this mixture into the first (result will be liquid).

Preheat oven to 375 F. Pour filling into dough-lined pan and arrange orange slices on top (they will sink slightly). Bake for an hour or until center is almost set and edges lightly browned. Cool at room temperature until quite firm. Do not chill.

Yield: 16 wedges

If you have ever wondered why Germans do certain things, or if you have a favorite German dish and would like to recreate it at home, e-mail your questions and comments to martina.bias@us.army.mil. One of your suggestions could be used for a future column.

